



Washington State Department of  
**Health**

# H1N1 (Swine Flu) Vaccine

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## What is H1N1 (swine flu) vaccine and is it different from seasonal flu vaccine?

H1N1 vaccine and the seasonal flu vaccine are different and protect against different viruses, so both vaccines are recommended.

## Who should get the H1N1 vaccine?

Vaccination is the best protection against H1N1. Vaccine supply will allow everyone to get vaccinated eventually. However, the Centers for Disease Control and Prevention recommends that people most likely to become ill and those most threatened by H1N1 **be the first** to get vaccine, including:

- All pregnant women.
- All health care and emergency medical services workers.
- Anyone who lives with or cares for children younger than six months of age.
- Anyone age 6 months to 24 years.
- All adults 25 to 64 years of age with health conditions that put them at higher risk of complications from the flu.

## Vaccine facts

- H1N1 vaccination is voluntary.
- H1N1 vaccine is made using the same process as the seasonal flu vaccine and is very safe.
- H1N1 vaccine comes in two types: a shot and a nasal spray. Check with your health care provider to see which type of vaccine is right for you and your family.
- Adults need one dose of H1N1 vaccine; children age nine and younger need two doses.
- H1N1 and seasonal flu vaccines may be given on the same day unless they are both nasal spray vaccines. If you're getting both nasal spray vaccines, be sure you separate them by at least four weeks.
- It takes about two weeks after receiving flu vaccine for your body to build antibodies to provide protection against the H1N1 virus.

## How do I get additional information?

Find more information about H1N1 at:

- Washington State Department of Health: [www.doh.wa.gov](http://www.doh.wa.gov).
- Washington State Department of Health hotline: 1-888-703-4364.
- Centers for Disease Control and Prevention hotline: 1-800-232-4636.